

Blues Buster List

1. Get daily exercise
2. Increase social support by spending more time with others
3. Join a divorce support group
4. Take good care of yourself. Maintain good grooming habits. Dress-well, eat a healthy diet, and get a good night's sleep.
5. Write in a journal your thoughts, feelings, plans, etc.
6. Remember to write your daily achievements, even small ones, in your journal and then praise yourself for doing these.
7. Have more fun.
8. Ask a friend to help you write up a list of your good points. Post it on the refrigerator and read part of the list every time you go to the fridge.
9. Replace negative self-thoughts with a positive one from your fridge list.
10. Help someone else.
11. Learn a new skill